

Your resource for Career Development Information.

December 2001

Your new resource for Career Development Information:

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Job Notes 2002

That's right, it is time again for this annual career development publication. It is currently being developed and should be available sometime around March.

Be looking for your order form in the mail!

(603)-229-4489 e-mail: rricker@nhes.state.nh.us

Economic and Labor Market Information Bureau



Change, it's all around us. Nobody can escape it. From the change in time from one minute to the next, to the change of seasons, it's all around us. Students are impacted as much as anyone, if not more. How well we cope with it depends on a lot of things. One of those is understanding the process of change.

Change can be a good thing. It can mean letting go of the old and moving on to the new if you're leaving a job and hunting for another. Moving up a grade from Junior to Senior, or graduating and moving on to college or into a job all mean change.

Leaving your current situation means change. Change, even change for the better, generally demands a period of adjustment.

The good news is, all of us experience this to some degree. More good news is that students are already in the middle of a process that millions of people have already navigated before them. This is no Star Trek where "No man has gone before." Plenty have gone ahead, thus laying a great foundation to start on.

During the change process you will experience a number of changes. They include denial, resistance, experience, and acceptance. No, they don't fall in any neat orderly fashion, like you might want, one after the other. Actually, you could go back and forth between them for a while. The whole process could take several months for some.



While at this stage, you will minimize or just deny what has

happened. You may even pretend what happened was great even when it wasn't.

At this stage, you will try to fight the change.



You may feel angry. You could

blame others for what occurred (job loss for example). You may feel afraid and try to avoid taking any action.



At this stage, you'll fully experience the

change for all its reality, feeling the full effect. You may even feel a little sad that you can't continue in your old situation (even if you

didn't fully like it). Friends and family can be a real help in keeping a positive attitude during this stage.



Around this time, you start accepting the

situation for what it is. This helps you to be ready to let go. Once here, you might wonder "OK, what's next!?"

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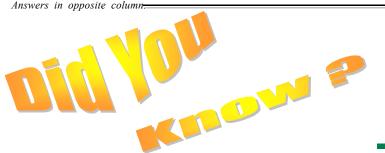
The New Hampshire Career Resource Network is part of America's Career Resource Network and is administered by the Economic and Labor Market Information Bureau of New Hampshire Employment Security.

America's Career Resource Network is a program of the US Department of Education, Office of Adult and Vocational Education, authorized by Section 118 of the Carl D. Perkins Vocational and Technical Education Act of 1998 (Perkins III).

New Hampshire Career Resource Network - Your resource for career development information.

Each year, NH Employment Security reports all sorts of information about our state's labor force. It reports the number of employed workers, unemployed workers, and the unemployment rate to name just a few. When reporting, NHES sometimes needs to adjust the data to account for cyclical changes. The result is then considered "Seasonally Adjusted". Can you guess which of the following are events that typically affect employment and what months they generally occur? (There's at least one per month.)

Event ?	Month
Christmas, and all its effects; ski season starts	
Decreased tourism; holiday hiring	
NH Motorcycle Week; increased production	
Construction affected by weather; winter sports are up; college breaks	
Hunting season; animal kingdom strikes	
Memorial Day is start of many summer tourist activities	
Neighboring state increases sales taxes	
Most schools close and tourism jumps	
Town meetings affect local government employment	
"Mud Season"; income tax refunds affect retail employme	en <u>t</u>
Most schools closed and tourism going strong	
Construction affected by weather; winter sports	
are up; school vacations affect teachers & bus drivers	
Tourism ebbs as schools reopen	
Spring cleaning; student employment climbs	
Leaves come down and tourism goes up	
Schools closed; plants shut down; tourism going strong	
Source: Economic Cond	ditions, Dec 2001



During 2000 there were just about 64,000 NH workers in the high technology industries. This amounts to 11% of all employees.

The average weekly wage (aww) for these workers in high tech was \$1,168 which is \$500 more than the statewide all industry aww.

One-third of New Hampshire's total high tech employment was in the Services industries.

In 2000, the number of New Hampshire residents that were employed, including those working outside the area, was 666,320. In November 2001 there were 675,940.

The preliminary seasonally adjusted unemployment rate for November 2001 was 3.9%.

> (The U.S. adjusted rate was 5.7% as of November 2001.)BLS The 2000 unemployment rate was 2.8%.

For many, the military offers excellent "learnand-earn" opportunities. All new members of the armed Forces receive basic training to prepare them for military life. Most go on to advanced training for specific occupations to prepare them for their military career. This job training may also count toward academic credit in a civilian college. The military provides training to their personnel in a variety of subjects ranging from weapons maintenance to telecommunications and personnel management to strategic battle simulations. Civilian employers consider military training excellent preparation for many civilian jobs.

In New Hampshire, the NH Air National Guard and the NH Army National Guard are proud members of the US Armed Forces providing NH jobs. Students may contact their local recruiter for either branch as well as the following service branches:

http://www.uscg.mil/jobs/ Coast Guard http://www.af.mil/ US Air Force http://www.usmc.mil/ US Marine Corps http://www.army.mil/ US Army http://www.navy.mil/ US Navy

Dec	Christmas, and all its effects; ski season starts	
voV	Decreasedtourism;holidayhiring	
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Mar	Townmeetingsaffectlocalgovernmentemployment	
Feb	school vacations affect teachers and bus drivers	
	Construction affected by weather; winter sports are up;	
Jan	cojjege breaks	
	Construction affected by weather; winter sports are up;	
Month	Event	
VASMER KEY		

New Hampshire was the safest state in New England for the fifth year in a row - second safest in the country during 2001.

(According to rankings by Morgan Quitno Press)

The average weekly wage (aww) in New Hampshire in 1999 was \$618. Aww for the country was \$641.

The total number of jobs located in New Hampshire as of November, 2001 was 623,200 (preliminary).

> As of Nov, 2000 there were 627,800. In 1999 there were 590,561.

The largest major sector was Services, with 35% of the employment, followed by Retail Trade with 22%, and Manufacturing with 18%.

The largest Services industries in New Hampshire were Health Services, Educational Services, Business Services, Social Services, and Engineering/Accounting/Research Services.

Source: Economic Conditions, Dec 2001 and http://nhetwork.nhes.state.nh.us/nhjs/ areaprofiledata.asp?session=area&geo=3301000000

NH High Schools

In the last edition of this newsletter you learned of the fledgling effort underway at the J. Oliva Huot Technical Center at Laconia High School to establish a manufacturing technology program based on industry-wide standards provided by the

Manufacturing Skill Standards Council. The program, as envisioned by the Huot Center's Director, Scott Davis, is organized into three levels that students progress through over three years. It involves students in paid internships and provides a seamless transition for those graduates who wish to pursue post-secondary through articulation with Laconia and Berlin campuses of the New Hampshire Community Technical College System.

With the opening of school in August the newly revised Level One of the program began with nine students enrolled. In support of the effort an advisory board of members from the community, business, and education was formed. The board further organized into three working committees - program content, work-based learning, and marketing. Over the course of the three-year pilot effort, each committee will set priorities and strategies for achieving priorities using the general framework of the project as their guide. The intent is to annually make a level of the program available for dissemination to other technical centers in New Hampshire. If you are interested in serving on one of the committees, contact Jim Leon at 271-6954.

Send us your story about what you have done/what you are doing/will be doing/are thinking about doing to FAX: (603)228-4172 or email address rricker@nhes.state.nh.us (my preference) or, the "good ole' fashioned way" mailing address: New Hampshire Career Resource Network, NHES, 32 South Main Street, Concord, NH 03301.



#1 Know Where To Go

Directories-catalogues of sites organized by subject (ie: Yahoo), are best if you want to quickly find information on a general topic. If you're looking for a biography on some famous person (like Pablo Picasso), look here. Indexes like Alta Vista are best used for pinpointing specific pieces of information like a specific piece of artwork by Picasso.

#2 Think Small

Be on the lookout for smaller or specific databases.

#3 Be Specific

The best queries (searches) consist of terms, words, or phrases that exist only in the document you want. Avoid using common words like "baseball" or you'll wind up with thousands of useless responses. Use more (as many as possible) specific terms (Babe Ruth signed baseball).

#4 Learn the Lingo

Make sure you use quotations for names and phrases. Try using what's called Boolean operators (words) -- words like "and", "or", and "not." Using these will

let you find information by playing two key words off of each other.

#5 Watch the Spelling!

Misspelling will cost you a lot of wasted time in your search. No big deal if you're doing one quick search for one item. When you start doing more and more "research" for school AND work projects, time might seem more important. Sometimes you will still get some of what you were looking for anyway, but not quite as much. If you search for potatoe you will get less responses than if you searched for potato.

#6 Launch Multiple Browser Windows

Fire up the browser, then open a second browsing window. (In Netscape, select New Browser from the File menu; In Internet Explorer, select New Window from the File menu.) Anchor one window on the search results page, and use the other to track down data.

#7 Don't Bog Down/Keep Moving

You usually don't want to go past the first few pages of search results. You'll

another search using some different key words or combination of key words.

likely

#8 Leave a Mark

When you finally find a site that you like or it looks interesting, bookmark it. (You could also just print out the first screen page.) Don't linger now; stay on the hunt for new and useful information.

#9 Check the URL

No, it's not southern oil! You know, it's that thing that usually starts "www.something_or_other.com". Take a good look, if it is real long, or has a tilde(~), it's a tip that it is a personal web page. Unless you are looking for obscure type information, you should move on.

#10 Get Help

Rules of one site can differ from another or they may very well have changed since your last visit. Even if you'd rather keep circling than stop and ask directions, you should ask. Search techniques can be found in every search engine's HELP section. Take a look!

http://www.mhes.state.mh.us/soiog/index.htm

Career Development Web Sites To Check Out

America's Job Bank – search a nationwide listing

www.acinet.org

America's CareerInfo Net – labor market and career informa-

tion both nationwide and by state

www.alx.org

Federal Jobs Central – information on jobs with the federal

government

www.fedjobs.com

Career Mosaic – commercial job and career site

www.careermosaic.com

Career Path - commercial job and career site

www.careerpath.com

The Employment Guide's Career Web-commercial job and

career site

www.cweb.com

Jobweb - commercial job and career site maintained by the

National Association of Colleges and Employers

www.jobweb.org

Monster Board - commercial job and career site

www.monster.com

The Riley Guide – employment opportunities and resources

www.rileyguide.com

Occupational Outlook Handbook - career information from

the Bureau of Labor Statistics stats.bls.gov.ocohome.htm

Employment and Training Administration – job and career

information

www.doleta.gov/individ.htm

National Center for Education Statistics - College

Opportunities On-Line

www.nces.ed.gov/ipeds/cool

The College Board – information on colleges, testing, and more

www.collegeboard.org

NH Future - Post entry-level job openings

www.NHFuture.net

Peterson's – the popular print guide to colleges on-line

www.petersons.com

Embark – college information such as schools, scholarships,

distance learning, testing, and more

www.embark.com

College Net – college information such as schools,

scholarships, distance learning, testing, and more

www.collegenet.com

Job Corps NE – information about New England's Job Corps

Program

www.NEJobCorps.org

School-to-Work – information about national school-to-work

programs

www.stw.ed.gov

 ${\bf Educational\,Resources\,Information\,Center\,(ERIC)} - {\bf research}$

materials on topics such as career development, conflict

resolution, and achievement

www.uncg.edu/edu/ericcass/libhome.htm

New Hampshire Career Resource Network - career development information www.state.nh.us/elmi/nhcrn/index.htm New Hampshire Employment Security - job opportunities & labor market information www.state.nh.us/elmi/index.html.



Please note any changes to your address below.

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